

# On the Menu



### Today

**Lunch** — chicken adobo, fried shrimp. steak strips with onions, potato wedges, rice pilaf, baked beans, peas with onions, cauliflower

**Dinner** — meat loaf, fried flounder. mashed potatoes, macaroni and cheese, calico corn, spinach, pinto beans

## Saturday

Lunch - roast turkey, baked tuna and noodles, rice, rissole potatoes, creamed corn broccoli carrots

Dinner — beef cordon bleu, chicken, steamed rice, paprika buttered potatoes, stir fry, corn, bean combo

### Sunday

Lunch - chicken parmesan, lasagna, mashed potatoes, rice pilaf, squash, blackeyed peas, carrots

Dinner — beef ball stroganoff, lemonbaked fish, egg noodles, franconia potatoes, succotash, stewed tomatoes, green beans with mushrooms

# Monday

Lunch - bread pork steak, beef pot pie, chicken breast with orange glaze, fried rice, parsley buttered potatoes, peas with celery, mixed vegetables, southern style greens

Dinner - roast beef, ham, macaroni and tomatoes, rice, mashed potatoes, spinach, brussels sprouts, cauliflower

#### Tuesday

Lunch - spaghetti, pancit chicken, fried fish, rice pilaf, mashed potatoes, carrots, cauliflower, stewed tomatoes

**Dinner** - tacos chicken enchiladas rice, o'brien potatoes, mexican corn, refried beans, peas and carrots

### Wednesday

**Lunch** — shepherds pie, roast pork, veal parmesan, mashed potatoes, rice, vegetables, broccoli, peas

Dinner - italian sausage, chicken patties, au gratin potatoes, rice, asparagus, corn on the cob, bean combo

## Thursday

**Lunch** — roast turkey, baked ham, swedish meatballs, mashed potatoes, egg noodles, stewed tomatoes, green beans, corn

**Dinner** — sloppy joe, fried fish, french fries, oven-browned potatoes, spinach, lima beans, asparagus

(Menu subject to change without notice)



# Yard of the Month

Kelsey, 7, Kayla, 9, Debbie and Nicole Romosier, 11, (front to back) pose in front of their garden at 1208 Batson Ave. Romosiers were selected as Yard of the Month winners for July. They are family members of Master Sqt. William Romosier. an Air Force fire fighter. Debbie said the family spends a little bit of time every night pulling weeds, but they spend most of their time on weekly "grass-cutting day." The Romosiers were previously selected as Home of the Week winners, and had to compete against three other vards to win the monthly award. The Housing office looks at all base yards when selecting the Home of the Week winners